

refreshing and handy guide to give birth without fear

## Confident Birth

Susanna Heli

### Key selling points:

- ▶ Unique approach giving labouring women four handy tools to help them achieve a confident birth.
- ▶ Friendly, handy format with beautiful two-colour layout.
- ▶ Addresses the increasingly more relevant doulas and birth partners in special section.
- ▶ One of Sweden's bestselling books on childbirth preparation, fully revised for this first UK edition.

### Cover blurb:

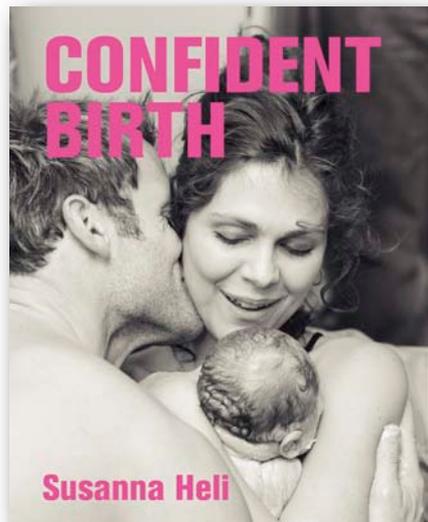
Women have an innate ability to give birth, a knowledge that has been acquired through thousands of years of evolution. Yet all too often fear and stress can get in the way and block the natural process of childbirth.

In this inspiring new book, Susanna Heli, an experienced doula and physiotherapist, shows how childbirth can be transformed by understanding how fear can affect birth and how it is possible to overcome it by using four simple, dynamic and effective tools to rediscover the inner power to give birth. The tools are equally effective whichever type of birth you choose, and whether or not you have given birth before.

A birth partner can play a key role in preventing worry and fear during birth. The book offers practical advice to help the birth partner support the labouring woman. *Confident Birth* will give you and your birth partner all the tools you need to cope with the challenges of childbirth, and make it an empowering and positive experience.

### Marketing & publicity:

- ▶ Author events and talks with Susanna Heli in November 2012
- ▶ Additional review copies will be sent to pregnancy and childbirth bloggers
- ▶ Extensive promotion targeted at 10,000+ followers of Pinter & Martin pages through social media, including Facebook and Twitter



### Bibliographic information

**Publication:** 16th October 2012  
**ISBN:** 978-1-78066-040-0  
**Price:** £9.99  
**Binding:** paperback  
**Format (mm):** 150 x 180  
**Page extend:** 192pp  
**Illustrations:** 3  
**Rights:** world  
**Category:** Pregnancy & birth  
**BIC Code(s):** VFXB



### Readership/Market

- expectant mothers
- birth partners
- childbirth educators/doulas
- midwives

### The Author

Susanna Heli is an experienced doula and physiotherapist, specialising in psychosomatics, pregnancy and birth. Susanna gives lectures and educates midwives in universities and hospitals and runs birth preparation classes for mothers and their partners. She writes articles for magazines and midwifery books, and trains doulas and instructors in confident birth.

Confident Birth is her first book.